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Weather Forecast

Today

High:55
Low:29

Saturday

High:61
Low:38

Sunday

High:65
Low:47

FRIDAY

Fort Riley

Post

Going Green

Manhattan hosted this year's St. Patrick Day activities on Saturday, March 18. The weather was great and the crowd large.

See Page 5

'Opening stages' of Iraqi liberation begins

By Christie Vanover
Staff Writer

The War on Terrorism reached its next level at mach speed as Tomahawk cruise missiles and precision-guided bombs were fired at military targets in Baghdad Wednesday, commencing "Operation Iraq Freedom."

"On my orders, coalition forces have begun striking selective targets of military importance to undermine Saddam Hussein's ability to wage war," said President George W. Bush, as he addressed the nation with a furled brow and a

crimson tie. "These are opening stages of what will be a broad and concerted campaign."

At 7 p.m. on Monday, Bush announced that Saddam Hussein and his sons had 48 hours to leave Iraq, threatening that their refusal to do so would result in military conflict commenced at a time of his choosing.

The time he chose - one-and-a-half hours after Hussein and his sons missed their deadline.

Around 8:30 p.m. on Wednesday, the Commander in Chief ordered bombers to fire missiles and bombs on military



Three USS DONALD COOK based Tomahawk Land Attack Missiles (TLAM) sprint through the morning sky towards Iraq Wednesday evening.

targets in Baghdad as the first stage in disarming Hussein.

"The regime has a history of reckless aggression in the Middle East. It has a deep hatred of America and our friends. And it has aided, trained and harbored terrorists, including operatives of al Qaeda," Bush said Monday as he warned Hussein.

"The danger is clear: using chemical, biological or, one day, nuclear weapons, obtained with the help of Iraq, the terrorists could fulfill their stated ambitions and kill thousands or hundreds of thousands of innocent people in our

country, or any other."

"The United States and other nations did nothing to deserve or invite this threat. But we will do everything to defeat it," he continued.

While specific targets and damage assessments were not identified as of press time, Bush made clear to the world that it was his goal to spare innocent civilians from harm.

"We come to Iraq with respect for its citizens, for their great civilization and for the religious faiths they practice," said Bush. "We have no ambition in

See Iraq Page 10

Recent deaths could have been avoided

Excessive speed, lack of seatbelts, attributed to fatalities

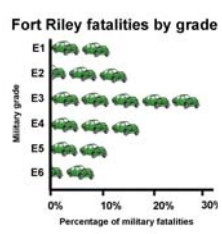
By Michael Watson
Staff writer

There have been a slew of accidents recently — some fatal.

And Paul Inman, chief of the DES Safety Division, said some of those deaths never had to happen. Drivers and passengers just need to use better judgment and put on their safety belts.

According to a national accident database compiled by the Army Safety Center, a soldier is killed in a vehicle accident every 72 hours.

Those are dangerous statistics, Inman said. It is especially dangerous on the road for males, ages 19 to 23, the highest risk soldier, according to the national database. And he said that same profile is seen at Fort Riley.



"Both of the drivers in the most recent fatalities were in this age group, and the accidents both involved a combination of high risk behavior factors - speeding, not wearing a seatbelt and poor judgment," Inman said. "These are things that need to be avoided."

More education must be done to keep soldiers safe from Privately Owned Vehicle accidents - the top killer of Army soldiers, Inman said.

"The main cause of accidents is high speeds, which has caused 33 percent of vehicular fatalities," he said. "Fort Riley has young soldiers driving at excessive speeds, and we need to modify that behavior. Instead of speeding to make it somewhere on time, soldiers should plan to leave earlier."

Planning ahead could have prevented the most recent driving fatality on March 10, Inman said. It was reported that the driver was heading back to Fort Riley to

make it to a 7 a.m. formation. However, he said time was not on her side.

Not only was the driver speeding excessively, but it was also reported by the Kansas Highway Patrol that the 19-year-old female was not wearing her safety belt.

"If she had been wearing her seatbelt, it could have possibly saved her life," Inman said. "There were three people in that accident — one lived. That person was wearing her seatbelt, and she walked away from the accident."

"Not only was the driver not wearing her seatbelt, but her 11-month-old child was also not securely fastened into a safety seat. Her child died in the accident."

It was two fatalities that never should

See Accidents Page 2

Postal guidelines announced

Army News Service

WASHINGTON - APO ZIP codes for units in Kuwait and nearby countries are available only to family members and close friends of deployed soldiers, officials said, due to anthrax and other terrorist threats.

Programs that allowed the general public to send mail addressed to "Any Service Member" were cancelled more than a year ago. While these programs were popular with the public during Desert Storm and other operations, officials said security concerns and transportation constraints with military mail led to their cancellation. Web sites such as <http://any.servicemember.navy.mil> and Army Knowledge Online e-mail have been suggested as alternate means to contact soldiers.

Family members who send regular mail need to use the soldier's full name (without rank), unit and APO address. Letters to Kuwait will normally take seven to 10 days, according to the Military Postal Service Agency. Priority parcels will normally take 10 to 15 days. Surface Air Mail, or SAM packages, will normally take about 24 days, according to MPSA officials.

Each country has customs regulations that apply to all incoming mail. These may include prohibitions on certain kinds of food or entertainment products.

Host countries mostly prohibit the entry of alcoholic beverages of any kind, narcotics, munitions, pork and pork by-products, pornography, and material contrary to the Islamic religion.

Letter mail is not being opened unless it appears unusually bulky, officials said, in which case it may be examined to see if it contains contraband, such as drugs. Parcel mail is being examined on a spot-check basis to determine conformity with host country customs regulations and for terrorist-type mailing.

Some military units may have additional restrictions imposed by the theater commander, such as size and weight restrictions, to ensure logistics support can handle the mail without delays. The maximum length of a package in any category is 48 inches.

Military ZIP code restrictions may change as military units move to different locations, officials said. All applicable restrictions for about 3,000 overseas military ZIP codes are entered into the U. S. Postal Service computer terminals and published in the Postal Bulletin. The general public may review details of all applicable restrictions by going to any branch post office or the USPS public web page www.usps.com. Here's how to access this file:

- The customer should click on the USPS web site.
- Type "Postal Bulletin" in the search engine, this will bring

See Postal Page 2

Spc. Robyn McClure hands out flyers about vehicle safety at the Ogden gate, as part of her corrective action. She and her boyfriend Jason Bonsall rolled their vehicle three weeks ago — neither was wearing a safety belt, and Bonsall is now paralyzed.



Post/Watson

Seatbelts may have changed a not-so-happy ending

By Michael Watson
Staff writer

Screams still echo in her ears from a vehicle accident three weeks ago.

Spc. Robyn McClure vividly remembers screaming her boyfriend Jason Bonsall's name, both 300th Military Police specialists. Her face was bloody, as she crawled out of the toppled vehicle. It was an average weekend, but it turned into a horrible nightmare.

The couple was driving to Manhattan to catch a movie. McClure said it never even dawned on her to buckle up — she never wore her safety belt. And the thought of getting in an accident never even crossed her mind.

The weather was nice and there were no other vehicles on the road. But then

Bonsall lost control of the Ford Contour during a routine lane change on Kansas Highway 18, near the airport and it started to flip.

"The whole time the car was rolling, I was screaming his name," she said.

"There was blood all over my face, as I was trying to get out of the car. When I finally got out, I was looking for Jason," still screaming his name. When I finally saw him, he was about 50-75 meters away from the car."

She said she rushed to him and she knew her life would never be the same.

Neither was wearing a safety belt, and McClure said she felt lucky to have survived the wreck, suffering only from a broken nose, a hurt knee and a concussion.

However, Bonsall was not so lucky. She said friends know him as an outgoing, athletic guy. He used to love to play sports, but that would be more difficult now. While he survived the crash, he is paralyzed from the neck down, though he can partially move his arms.

McClure said she keeps reliving that traumatic drive to Manhattan. Even now, she said she has a hard time getting

"The whole time the car was rolling, I was screaming his name,"

Spc. Robyn McClure

into a car. However, she said that would not stop her from going to the University of Kansas Medical Center in Lawrence, Kan., to see her boyfriend.

"It was really hard to see him," she said. "He was in the bed on his back, and it was really hard to hug him."

What made it harder, she said, was that he could not hug her back because he was paralyzed. More than anything, he wanted to comfort him and know that he would be okay, but she said she knew things would never be the same.

Sgt. Brian Eagen, 300th MP, a close friend also went to the hospital. He said Bonsall had amazingly high spirits, and kept trying to make his friends and family laugh. But Eagen said seeing him helpless in the hospital bed made it too

See McClure Page 2



Accidents continued from page 1

have happened, Inman said.

To promote safety, a risk management guide called the POV Toolbox is given to unit commanders to emphasize the importance of safety to soldiers.

"Young soldiers are going to do what they want," Inman said. "If they want to drive fast, they are going to drive fast. But we are trying to modify and correct their behavior on post, so it will carry through to their personal lives."

With growing concerns after the recent accident, March 14

was used as a safety training day post-wide, with an emphasis on POV safety.

Master Sgt. Rick Bomia, 541st Maintenance Battalion, said he is very passionate about teaching vehicle safety, especially DUIs.

He asked the soldiers in his unit if their lives had been affected by the death of a loved one because of a DUI, whether they had been drinking and got behind the wheel or they got hit by someone who had.

The list was more than you could count if you had five

hands, and those responses were from approximately 60 soldiers.

"My life has been altered three times because people were stupid enough to get in car after drinking," he said.

"Three times, somebody has taken something that was not theirs to take, and they took it from me. All because they drank and decided to get behind the wheel. That car becomes a 2,000 pound bomb."

Bomia said he has heard that on any given Saturday between 1 a.m. and 4 a.m., one out of every

five drivers on the road has been drinking.

"Drunk drivers kill people every day, he said. "And it is just a matter of time until it could happen to one of us."

"Am I passionate about DUIs? Yes," he said. "It chokes me up to talk about this stuff, and that's because I have three massive holes in my heart. But the facts are tough, and the tissues are in the bathroom if you need them."

Driving fatalities happen all the time, he said, and they need

to stop.

That has been the trend reported by the Army Safety Center.

While 124 POV fatalities were reported in 1999, that number was reduced to 69 fatalities in 2001.

Inman said that is due to improved education and the POV Toolbox.

"We are doing many good things to monitor and reduce the number of vehicle accidents," he said.

"Overall, we have a very good

track record of POV accident fatalities - we've just had this recent cluster of accidents."

However, he said you will never know if it works or not, because an accident only tells you the message did not work.

"It is a dangerous game out there, and people just need to be safe when they are on the road," Inman said. "We can educate all we want, but the individual is the one who will have to change the behavior."

McClure continued from page 1

tough to laugh with him.

"We've been tight for quite a while. He's a good friend, and now it feels like we are missing part of the team," he said. "In the Army, it's like you are family, and now our family is not the same."

He said everybody who knows Bonsall is having a hard time coping with the accident. It was especially emotional being around his parents.

"They reacted like any parents whose son won't ever walk again would react — they were broken down both physically and mentally," he said.

The accident changed the lives of a lot of people, and it was over one little decision that could have prevented the whole thing, Eagen said, because the car really was not in that bad of shape.

He said he is no expert, but he said Bonsall would probably be walking around with his friends at Fort Riley right now. Instead, he is in Georgia for rehabilitation, and his life has changed forever.

McClure said the accident also changed her life, and it is difficult to know that one decision could have possibly kept her boyfriend from being thrown from the vehicle, and that they could have made it to the movie that night.

But the accident happened, and she said she wants people to hear her message.

"Make sure you wear your seatbelt, because anything can happen, and life's too short," she said.

McClure spent Friday and Sat-

urday nights passing out flyers at the Ogden gate to get that message out, so that others would know the risk they were taking by not buckling up.

The flyers showed a picture of the young mother, also a Fort Riley soldier, and her 11-month-old child in body bags after being killed on the road on March 10. The mother was not wearing her safety belt, and the child was not properly secured in a safety seat. It was a powerful picture, and McClure said she knew it would get some response.

She told drivers and passengers about her traumatic experience while passing out the flyers,

and she said she was happy to see such a good response. Approximately 75 percent of drivers were already wearing their safety belts when they drove up to the exit,

and about half of passengers were wearing theirs.

"Those who weren't wearing their seatbelts, put them on," she said.

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Postal

continued from page 1

up the page for the bulletins.

c. Click on Bulletin, On this screen the customer will see "VIEW ISSUES."

d. At "VIEW ISSUES" click current issue and this will bring you to the PDF file.

e. Click on PDF file and this will bring up the Postal Bulletin.

f. At this point the customer can navigate to the Postal Bulletin page that contain the Military ZIP Code information.

Other tips the postal service advises to help ensure timely delivery of mail:

Wrap packages securely. Liquid-filled containers tend to break.

Powdered items can open during transit causing concern over what kind of substance it is. Please pack the items in sealed plastic bags.

Contraband items are confiscated. These include alcohol, tobacco and pornography. Label packages properly and list all contents.

There is a space on the customs form to declare if it is a gift or merchandise.



Soldier remembered

Spc. Derek Junk memorial scheduled Monday

By April Blackmon
Contributing writer

A riderless horse rode with the Fort Riley Honor Guard in Chapman's St. Patrick's Day parade March 14, as a tribute to its lost rider, Spc. Derek Junk.

Junk was killed in a riding accident the day before on Fort Riley. The horse also stood riderless with the Honor Guard at the State Capitol during Armed Forces Appreciation Day on Wednesday.

"The leadership and the soldiers thought that this would be a fitting tribute to Spc. Junk's memory," said Sgt. 1st Class Greg Sutton, Noncommissioned Officer in Charge of the Fort Riley Honor Guard.

The parade, which was scheduled months prior to the accident, was an opportunity for the Honor Guard to honor the memory of Junk, Sutton said.

"Initially, the unit as a whole was thinking that we would like to cancel or reduce participation," said Sutton. "However, when we had our platoon meeting in which his death was announced officially, it was a unanimous decision to proceed with the parade and honor Spc. Junk. He was scheduled to perform in the next two events - the Chapman Parade and Armed Forces Appreciation Day, so we had the riderless horse at each of those events."

St. Patrick's Day parade onlookers removed their hats and placed their hands over their hearts as the soldiers rode by.

"To see the people put their hands over their hearts meant a lot to me," said Pfc. Adam Hawks, a member of the honor guard. "Not only because the loss of Spc. Junk, but because of all that's going on in the world. It really showed the respect and sup-

port the people have for us."

Junk volunteered for the Honor Guard in July 2002. When new soldiers arrive, they go through rigorous training and practice before competing in their first event, according to Sutton.

Among the training, soldiers must complete 40 hours of rider's training - riding bareback in a sand pit - and pass an evaluation before they can participate in training sessions with other soldiers.

"Nothing of what we do is easy. Being in the Honor Guard requires hard work and, more importantly, dedication. Junk definitely had that dedication and work ethic," said Spc. Matthew Hutzenbiller.

"Rain or shine, Junk got the job done. Not just 75 or 85 percent; he did the job to 110 percent every time," Hawks said.

Junk established a great relationship with his horse, Riley. Co-workers said Junk was able to maneuver and work with the horse better than anyone.

"Before he was given Riley, Riley was hard to motivate. After Junk was on him awhile, that horse had no problem in any situation. He was even able to walk up to the horse and catch him in the pasture, which was very unusual," said Spc. Joshua Poinsett. "The day of the parade, you could see the

sadness in that horse's eyes. "We will miss everything about Junk, from his humor, to his hard work and dedication," Hawks said.

"I think he is getting high-fives from the soldiers we represent," Poinsett said. "Junk is riding the wings of freedom with a saddle and a set of spurs."

Junk's funeral was Wednesday in Coon Rapids, Minn.

A memorial service will be held Monday, at 10 a.m. in Morris Hill Chapel on Custer Hill.

"I think he's getting high-fives from the soldiers we represent. (Spc.) Junk is riding the wings of freedom with a saddle and a set of spurs."

—Spc. Joshua Poinsett
Fort Riley Honor Guard

Talk Around Town

"What is your favorite reality television show?"



"The Osbournes, because it is a show about a real family, with real family problems and real family reactions."

Pfc. Giovanni Inton,
Headquarters and Headquarters Company, 1st Battalion, 13th Armor



"The Real World on MTV, because it's entertaining, and it is as real as it gets. The people on those shows are being themselves, and that is what it's all about."

Pfc. Steven Johnson,
Headquarters and Headquarters Company, 1st Battalion, 13th Armor



"I don't find any reality in any of these shows."

Sgt. (P) Kevin Ross,
Headquarters and Headquarters Company, 1st Battalion, 13th Armor

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Briefs

Easter Sunrise Service

The Fort Riley Easter Sunrise Service will be held April 20, 6:30 - 7:30 a.m. at the Fort Riley Outdoor Chapel. The service will be open to the community, and a breakfast will be served immediately following the service. In case of inclement weather, the event will be held at Morris Hill Chapel. For more information, contact the installation Chaplain, 239-3359.

Special Forces

A Special Forces recruiter will be visiting Fort Riley March 31 - April 2. Briefings will be held at the Post-Reup building (7626) at 10 a.m. and 1:30 p.m. daily, with an additional briefing at 6 p.m. on April 1. A PT test will be conducted on April 2, 7 a.m., at Long track. Candidates will wear BDU's and running shoes. For more information, call (719) 510-4493.

Fishing Clinic

Fort Riley's 2nd annual Fishing Clinic, held at Moon Lake, will be April 12, from 9 a.m. to noon. The clinic is free of charge, and open to military family members, age 15 and younger. Participants must be accompanied by an adult. Advanced registration is being held now through April 9. Late registration will be held April 12, from 8 a.m. to 8:45 a.m. For more information or to register, contact Carin Richardson at the Directorate of Environment and Safety at 239-2145, or visit Building 407.

New Hours

Automotive Skills Center will be open for longer hours on Saturdays and Sundays for 90 days. Beginning Monday, the new hours of operation on Saturdays and Sundays will be 9 a.m. to 7 p.m.

Front End Alignments are also available on a first-come basis. Summer is just around the corner, and the staff at Automotive Skills Center will be pleased to help you service your AC refrigerant for the hot summer months. For more details, call 239-9764.

The Thrift Shop

Start your spring cleaning early! Let the Fort Riley Thrift Shop help you get organized before the yard sale. Anything you can't sell, call the Thrift Shop, they can come and pick up your donations that are in good condition.

The Thrift Shop has stopped taking winter clothes and are now taking spring clothes.

Bag sales are every Wednesday and Thursday — put as much as you can in a bag for only \$1!

The Thrift Shop is located in Bldg 267, Stuart Ave. Phone 785-784-5874.

Hours of operation are 9:30 - 2:30 Tues, Wed, and Thurs; 10 - 1 on the 1st Saturday of each month.

The Shoppe

Spring is almost here! Come and see the new decorating ideas The Shoppe has for Easter. There are many great gift ideas in The Shoppe and to make your shop-

ping experience easier, they take Visa and Mastercard.

The Shoppe is a great place to hold a unit coffee. Call now to reserve your time!

The Shoppe is located in building 259 Stuart Ave. Phone: 785-239-2783. Hours of operation are 10 a.m. - 2 p.m. Tuesday through Saturday.

Tax Center

The Fort Riley Tax center is open. The center is located at the Army Community Service and Family and Soldier Support Center on Custer Hill, building 7264. The center's hours are: Monday - Thursday, 8 a.m. - 3 p.m., Friday, 8 a.m. - 6 p.m., and Saturday, 9 a.m. to 1 p.m. Appointments can be made by calling 230-1040.

Legal Assistance New Hours

Starting on March 31, the Fort Riley Legal Assistance Office will be changing hours to reflect the new duty schedule. We will be open for walk-ins (notarizations and powers of attorney) on Monday and Tuesday, 9 a.m. - 4:30 p.m., on Wednesday and Friday, 9 a.m. - 8 p.m., Thursday, 1 - 8 p.m., and Saturday, 8 a.m. - 4 p.m.

The appointment hours will be Monday and Tuesday, 1 - 4 p.m., Wednesday (Will Day) 9 - 11 a.m., and 1 - 8 p.m., Thursday 3 - 8 p.m., Friday 9 - 1130 a.m. and 4:30 - 8 p.m., and Saturday 8 a.m. - 4 p.m.

If you have any questions about our new appointment hours, call 239-3117.

Thrift Savings Plan

The next Thrift Savings Plan Open Season will begin on April 1 and will close on June 30.

The TSP contribution limit for FERS employees for 2003 is 13 percent. The TSP contribution limit for CSRS employees for 2003 is 8 percent. The loan interest rate for new loans is 3.87 percent as of March 5.

You must enroll online for TSP, no hard copies will be accepted. Go to www.abc.army.mil or call 1-877-276-9833. For more information on TSP, go to www.tsp.gov.

Scholarships Available

Fort Riley Combined Scholarships are now available for spouses, graduating high school seniors and college students of any active duty, retired or deceased military member from the Fort Riley community. Scholarships will be awarded for undergraduate college programs and vocational schooling. Applications may be picked up at the Junction City, St. Francis Xavier or Manhattan High School guidance counselor's offices.

They are also available at the Fort Riley Thrift Shop, The Shoppe, Library, Education Center and Soldier and Family Support Center.

The application deadline is April 8.

For more information, contact Dee Hayhurst at 587-1933, or visit the Combined Scholarship website at www.ftrileyscholar.com.

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Fort Riley Community



March 21, 2003

America's Warfighting Center

Page 5



Post Watson

Dave Ramesh, 2, waves to parade passersby during the Manhattan St. Patrick's Day Parade on Saturday. Like many children, he was happiest when the participants threw candy to the crowd.

Beautiful day for celebrating green

Manhattan parade draws large crowd for St. Patrick's Day activities



Post Watson

Korean War veterans roll through the parade, sporting a trailer full of American flags.

By Michael Watson
Staff writer

The streets were filled with green spectators Saturday for the Aggieville-style St. Patrick's Day celebration. And the weather could not have been more beautiful, Manhattan resident Vikki Erker said. That made the festivities that much more enjoyable.

Her daughter Cecilia, 3, was having fun from the moment they got there. One of the first things she did was get in line to slide down a big inflatable slide in Triangle Park. Once she slid

down, she climbed right back to the top to do it again.

"I didn't think she would go up it, because it is so high and steep, but she is fearless," Erker said. "She just keeps going."

Then, Cecilia and her family were off to see what else they could see. "We came out here to see the atmosphere," she said.

"There will be a lot of fun things to see in the parade, and it is just a beautiful day to come out here and absorb the St. Patrick's Day spirit."

For some people, that meant going to the Blaney Breakfast to eat green

eggs, ham and Irish-style potatoes. For others, it meant getting a free shamrock tattoo or chatting on the sidewalk waiting for the parade to start.

That is what Derek Ackerman, Manhattan resident, said he and his wife did.

"The weather was really nice, so we had fun just getting outside," he said. "There was a lot of fun stuff to see in the parade, for me it was the old cars. Then, we ran in the two-mile race. That was tough, because we have been sick and haven't been able to run lately."

"But we still had a good time."

Girl Scouts celebrate 91st birthday

By Kim Levine
Staff Writer

Last week was nation-wide Girl Scouts Week and Fort Riley's Girl Scout troops celebrated with several events.

Girl Scouts Week is an annual event held in celebration of the birthday of the Girl Scouts, which were created on March 12, 1912, by Juliette Lowe. This year is the Girl Scouts' 91st birthday.

The 14 Fort Riley troops kicked off the week Sunday with the girls attending a church service wearing their uniforms, followed by a leader/daughter banquet.

Monday, the girl scouts went roller-skating in the skating rink at King Field House. They had an ice-cream social at Custer Hill Elementary on Tuesday.

On Wednesday, which was the actual birthday of the Girl

Scouts, each troop committed to doing a community service project. Some projects included cleaning up areas around post, making cards for nursing homes and food collections for the needy.

The celebration continued Thursday with bowling at the Bowling Center on post and Friday, the Girl Scouts had "Pam's messy activity," coordinated by Pam Gonzalez, the service unit coordinator who organizes all of the Girl Scout troops on Fort Riley.

Friday's event was held at Ware Elementary, where the girls planted their first flowers of spring and made a "cup of dirt," which was a snack made out of crushed Oreos.

The girls ended the week Saturday with swimming at Eyster Pool.

Each event brought out around

80 of the 160 girl scouts on post, said Gonzalez.

All of the events were paid for out of the money the girls raised selling Girl Scout cookies.

The Fort Riley Girl Scouts will begin spring registration in April.

For more information, contact Pam Gonzalez at 210-1208.



Post Levine

Pam Gonzalez, service unit coordinator for the Fort Riley Girl Scouts, helps Girl Scout Nissi Vansant throw her first ball.

Spring Bazaar, planned April 5-6

By Kim Levine
Staff Writer

The Fort Riley Officers' and Civilians' Spouses Club annual Spring Bazaar and Car Show will be held April 5, from 9 a.m. to 5 p.m., and April 6, from noon to 5 p.m. at Fort Riley Middle School. This is the major fundraiser of the year for OCSC, who has set their goal to raise \$12,000 during the event, said Lisa Skinner, 2nd vice president and event coordinator.

"Last year, we raised \$12,000 total for the year. We have already raised \$7,000 at an event this fall," said Skinner, "so we are hoping to raise \$20,000 total for this year."

All of the money raised at the event will go into the Community Assistance Fund, and will be later distributed to community organizations around post, such as the Girl Scouts, Boy Scouts and YMCA, said Skinner.

The event will cater to all family members, males, females and children.

"There's something for everyone," said Skinner.

In the school parking lot, a car show will be held. Different categories including, vintage, classic, modern-custom, muscle and other cars, will all be shown and a winner from each category will receive a trophy. OCSC will also choose an overall winner. Everyone is invited to register and show his or her car at the event, said Skinner.

Inside the school gyms and cafeteria, 75 vendors set up in 85 booth spaces, will be selling and showing arts, crafts and collectibles. Vendors from eight surrounding states will be on-site selling everything from antiques to wooden furniture, arts and jewelry.

For children, face-painters and temporary tattoos will also be available at the event.

Food and beverages will be sold as a fundraiser for local readiness groups.

A \$1 admission fee will be charged at the event, which is open to all Fort Riley residents and the general public.

To register cars or for more information about the Spring Bazaar and Car Show, call 239-6579 or contact Lisa Skinner at 784-8046.

Access Control point policy, Gate hours explained

With thousands of people coming in and out of Fort Riley daily, everyone should be familiar with the installation access control point policy.

Admittance to Fort Riley is only permitted through seven access control points. These include Henry Road, Grant Avenue, Trooper Drive, Rifle Range Road, Estes Road, Huebner Road and 12th Street. Entrance through an unmanned or non-operational Access Control Point is prohibited.

It is essential that entrance to and exit from, the installation be made only at controlled access points during periods when those points are in operation.

The Access Control Point policy is to ensure the safety of the personnel who live and work on Fort Riley. Additionally, violations of this policy are punitive actions. Violators of this policy may be subjected to criminal prosecution or administrative action.

Trooper Drive (Junction City), Huebner Road (Ogden) Henry Road (I-70)

Open 24 Hours

12th Street (K-18 - Delivery Access)

Open 5 a.m. to 10 p.m.

Estes Road (Old Hwy 77) Rifle Range Road (Hwy. 77)

Open to incoming vehicles with Department of Defense Decals 5-8 a.m.

Open to outbound traffic Monday-Thursday 3:30-6 p.m. and Friday 3-5 p.m.

Grant Avenue (Junction City)

Open to vehicles with Department of Defense Decals 5 a.m.-11 p.m.

Open to visitors 8a.m.-11p.m.

Unit mobilized on Fort Riley helping residents

By Jamie Bender

Staff writer

Soldiers from 1st Battalion, 383rd Regiment, 3rd Brigade, 75th Division (Training Support) have been deployed to Fort Riley to assist in training the reserve and National Guard units that have been mobilized to Central Command locations. As a way to assist the families of Fort Riley soldiers who have also been

deployed to CENTCOM areas, the soldiers of 1st Bn., 383rd Regt., have put together a volunteer program called Helping Hands.

The program is designed to provide volunteers who will help family members in a variety of ways including grocery shopping, yard work and minor home repairs for those who live off post, said Sgt. 1st Class William McLaren, first sergeant, 1st Bn., 383rd Regt. Volunteers will also

be available to entertain children at such activities as fishing or bowling, he said.

McLaren said a packet about the Helping Hands program has been will be distributed to all Family Readiness Groups who have soldiers deployed from Fort Riley.

"The family member would submit a request for assistance using a form that they can get from their FRG," explained McLaren. "The FRG would then

give the form to me and I would check it against our list of volunteers."

McLaren said that all requests must be made through the FRGs so that they can all be documented and he can track any issues that come up.

The first priority for the soldiers of 1st Bn., 383rd Regt., is their mission, said McLaren.

"Of the soldiers currently here, 98 percent of them have volunteered for the program."

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Fort Riley Sports

March 21, 2003

America's Warfighting Center

Page 7

He's heard it all Love of game keeps him going

By Michael Watson
Staff writer

Referees are sometimes the most hated people on a basketball court.

Staff Sgt. George Cooper, 1st Battalion, 5th Field Artillery, should know. He has been a referee since 1991 and officiates four to six nights a week, both on post and off, and he said he's heard it all. But no, he is not blind and he is not a zebra. He is a referee and he does it for the love of the game.

So fans and players can call him an African animal all they want, because most of the time he said he does not even hear it.

"If you listen to somebody calling you a zebra, then you are not focused on the game," Cooper said. "Officials are not always going to be perfect - you will miss calls," he said. "The most important thing is that you are consistent."

"The thing about basketball - there are two teams competing for a win and only one will. So you will have to deal with competitive players, but you also have to deal with competitive fans."

He said there would always be disgruntled players or fans yelling about a call that should or should not have been made.

George Cooper, 1st Battalion, 5th Field Artillery, passes the ball to Kenyatta Blacksheer to shoot two foul shots.



Post Watson

Referee, Staff Sgt. George Cooper, 1st Battalion, 5th Field Artillery, passes the ball to Kenyatta Blacksheer to shoot two foul shots.

Those dirty names come with the game, Cooper said.

Not only does he officiate basketball, but he has also been a coach and a player. He said it's his favorite sport because the competition level is much more intense and more exciting. However, that intensity can also get out of hand, if he does not step in.

"My job as a referee is to make sure I keep control of the ballgame. If I see things going downhill, I have to start calling more fouls or ask a player to leave because they potentially can hurt someone. Normally, you can talk them down, but things can get intense. You will have skirmishes and you will have taunting, but good sportsmanship needs to be emphasized at any level."

As a player, Cooper said he is intense every time he steps on the court. So he understands where players are coming from now that he is on the other side, as an official.

He said things would get a little more intense on the court for the Post Basketball Championship.

"People don't like to lose," he said. "You could say they are out for blood. So things definitely get more intense as teams advance in a tournament."

Cooper officiated two games on Friday night to open the championship tournament, and for the most part nobody questioned his calls. Before the game, he said that is the most a referee can ask for.

"The best feeling is that when you leave the court, you have that feeling that you did the best job you could," he said. "The best job you can do is when you are not noticed."

Army removes drug from shelves

By Mike Watson
Staff Writer

Dietary supplements have been looked at by the Department of Defense as a way to give soldiers an edge against potential adversaries.

However, with the safety of troops resting on its shoulders, the Army nixed ephedrine from commissary and Post Exchange shelves several months ago. There have just been too many adverse effects, including death because of that particular supplement.

"There is increasing evidence that ephedrine increases the danger of heat-related illness because it increases heart rate and body temperature. It is very dangerous, and it should not be used," said Maj. Heather Moriyama, chief of the Nutrition Care Division at Irwin Army Community Hospital.

The body just cannot handle those increases, she said. According to Army reports, there have already been more than 30 soldier deaths nationwide because of ephedrine — the chemical cousin to speed.

Reports do not indicate a "scientifically proven" direct link to injuries, strokes and death, but Forces Command is unwilling to further endorse the purchase of ephedrine products by keeping them on store shelves. Maj. David Brand, FORSCOM Senior Physician Assistant, said in an e-mail to nutritionists at Fort Riley.

While it can be a very dangerous supplement, even the thought of dying does not convince some people to stop using it, said Beth Gallaher, chief of medical nutrition therapy at IACH.

"Athletes take steroids to bulk up and they do so knowing the risks, but it's worth it to achieve their goal," she said. "Soldiers have taken those same risks with ephedrine. It does not matter what they have to do to get there, as long as they become slimmer, stronger and faster."

Just because soldiers cannot get the herbal supplement on post, does not mean they cannot get it off post at any drug counter that is not an Army and Air Force Exchange Service. Only its sale has been banned, not its use.

"To this day, there are still soldiers taking ephedrine," Moriyama said. "People who want to burn calories or increase their metabolism use it every day — sometimes in extreme amounts."

"That's when using *See Ephedrine Page 8*

Ephedrine
Speed ...
Strength ...
Slim waist ...

Stroke!

An unfortunate side effect

MEDDAC tops HHC, 24th Inf. Div. 51-49 in semi-final game

By William Biles
Staff Writer

The Medical Activity intramural basketball team advanced itself into the championship game by defeating the 24th Infantry Division 51 - 49 in an evenly matched semi final game Tuesday at the King Field House. Both teams had a balanced attack. The 24th Inf. Div. team showed strength driving to the board in the paint for their points. The MEDDAC team, on the other hand, had strong outside shooters, which kept the scores close and never exceeded a difference of seven points.

The seven-point difference came in the first half with the MEDDAC team on top. However, the 24th Inf. Div. team was able to close the distance by the end of the first half when the MEDDAC team switched from a man-to-man to a two-three-zone defense, which cut their lead down to three points, making it 32 - 29.

"When we went to the two-three-zone they were able to come back on us, but that was the coach's decision. She wanted to see what kind of game they had and who their better players were for their outside game," said James Lewis, MEDDAC.

During the second half the difference between the scores was never greater than three points. Both of the teams played more aggressively on the defensive end of the ball

by crowding the other team's shooters when they were in the paint.

They also stepped up the aggression when playing offensively by feeding the ball down low to their taller players who then would pass the ball to the open outside shooter after drawing off the shooter's coverage.

"We need to be more aggressive on offense during the last half. We need to make smart passes and take smart shots," said Lewis.

The 24th Inf. Div. team was also hard-hitting in the second half. During the half time, they regrouped and went over their individual assignments.

"We're going to bring a little more intensity and pressure to the second half while trying to maintain the ball," said Darrell Wadley, 24th Inf. Div. (Mech).

While the infantry team was driving the lane to put up a barrage of two-pointers, the medics were able to get the ball to their open outside shooter, Lewis, who was on a roll nailing almost ninety percent of his three-point field goals.

When Lewis was too well covered, the ball was passed to the hot hands of Ariel Benitez, MEDDAC, who hammered out several of his own three pointers.

"They had that one player, (Lewis) who we tried to shut down, and every time we did they would throw it to that other guy (Benitez) who would get another three points," said Troy Moshier, 24th Inf. Div.

"But that one guy (Lewis) was killing us."

Throughout the second half the lead changed from team to team every few minutes. Then with two and a half seconds left to play, Lewis drove the lane and nailed a two-point jump shot to give the MEDDAC team the lead.

The infantry team called a time out following Lewis' score to stop the clock. On the ensuing play they made an attempt to make a game-tying buzzer-beating shot. Unfortunately, the throw was off by a few inches and hit the rim and bounced away from the board.

After it was over both teams complemented each others playing ability.

"Their team (24th Inf. Div.) is a very patient team, and have won a lot of their games by being able to stay calm, even when they are down. And by doing that they are able to get the other team off of their game," said Tracey Clark, coach, MEDDAC.

Whereas Moshier simply stated, "They play good ball as a team, and played a great game together."

MEDDAC faced off against the 977th Military Police Company Wednesday at the King Field House. The MPs defeated the Headquarters and Headquarters Company, 1st Battalion, 16th Infantry by the score of 61 - 53 Tuesday.

(Editor's note: The results of the championship game will be in next week's Fort Riley Post.)



Post Biles

Bobby Allison, 24th Infantry Division (Mech), drives the ball during a semi final game against the Medical Activity team for a chance to play in the Fort Riley Intramural Basketball League Championship Game.





Post/Biles

Col. (P) Frank Helmick, commander, 24th Inf. Div. and Fort Riley, presents Lt. Col. Pamela Martis, provost marshal, and Pfc. Dwayne Bourque the Commander's Cup in a ceremony Wednesday.

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Ephedrine

continued from page 1

the supplement is the most dangerous," she said.

According to the Food and Drug Administration, safe levels for taking the supplement is no more than 8 mg per serving and no more than 24 mg a day.

But there really is no safe level, Moriyama said.

"Even a healthy 20-year-old

soldier could die from taking ephedrine at these 'safe' levels," she said. "It all depends on the person's body and other factors. Even people taking the suggested levels can have problems."

As ephedrine products fade off the shelves, "ephedrine free" products will begin to take their place, Moriyama said.

The main ingredient replacing

ephedrine is Bitter Orange/Citrus Aurantium with the active component Synephrine. Its effects are very similar to ephedrine.

Brand said he suspects that supplement manufacturers will continue to modify their products to stay ahead of bad press and restrictions on sales. FORSCOM should continue emphasizing the dangers of using these products

to dissuade them from using them.

But Gallaher said education might not help.

Sometimes, soldiers want to lose weight and gain muscle mass, and they want to do it yesterday," she said. "And that means they will do anything. Even put their health at risk."

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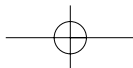
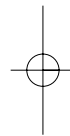
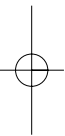




Cyan Magenta Yellow Black



Classified





Cyan Magenta Yellow Black



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Fort Riley Post

March 21, 2003

OPFOR offers realistic training

By Jamie Bender
Staff writer

The 295th Ordnance Company, an Army Reserve unit headquartered in Hastings, Neb., conducted a training exercise last Wednesday that included dealing with media on the battlefield as well as perimeter defense.

The media was represented by an Opposing Forces team from the 1st Battalion, 383rd Regiment (Training Support), from Des Moines, Iowa. The OPFOR team asked the soldiers questions ranging from personal information to strategic speculation.

Media on the battlefield is an issue that soldiers must deal with in today's world.

"The media is everywhere today," said Sgt. Eric Summers, OPFOR team member. "Soldiers must know how to deal with them and know what information is covered by operational security."

The 295th Ord. Co. has been at Fort Riley getting ready for their deployment to the Central Command area of responsibility.

"We have been doing a lot of training and have done a great job," said Spc. Cody Christ. "We are getting prepared to be mobilized. We are getting the proper

mindset of being focused on tasks that we will require of us."

The soldiers in the unit have been together for quite a while, said Chief Warrant Officer Doug Macke. "We work very well together and are ready to go."

Keeping in touch with loved ones is a priority for the soldiers.

"My wife and I write a lot of letters," said Sgt. 1st Class Ivan Phillips. "I also bought a lot of simple greeting cards to send her. I send one of those with a letter once or twice a week."

"We have a daily mail call," said Spc. Amos Roberts. "We also have some phones available for us to use."

Retention awards presented

The Commanding General's Retention Awards Ceremony was held earlier this month to recognize unit excellence in the 24th Infantry Division Retention Program.

Plaques were presented to 1st Brigade, 3rd Brigade, 937th Engineer Group and Headquarters and Headquarters Company 24th Infantry Division.

The plaques were given for accomplishing the fiscal year 2002, 3rd quarter, 4th quarter, fiscal year end 2002, and 1st quarter fiscal year 2003 retention goals.

In addition to the plaques, the Old Bill Trophy was awarded to 1st Brigade as the highest producing unit for the 1st quarter of fiscal year 2003.

"One of the most challenging parts of [retention] is getting through to that soldier who you know should stay in the Army,"

said Sgt. 1st Class William Jones, senior career counselor, 937th Eng. Grp. "It can be frustrating to convince them that re-enlisting is the right thing to do. That's when encouragement must come from more than one source. The command group must be involved way before it comes time to re-

enlist. They encourage a soldier and keep them on the right track."

"These awards are what the commanders earn," said Sgt. Major Thomas Kelly, command career counselor. "They make their re-enlistment goals because of the way they treat their soldiers."

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Lead, Bass Guitar Players Needed

The Normandy Chapel Contemporary Protestant Service is looking for a lead guitar player for the praise band. They play contemporary Christian music at the service that meets on Sundays at 11 a.m.

Rehearsals are Wednesdays, 6:30 p.m. and Sundays, 10 a.m. If interested, call Chap. (Maj.) Paulson, 239-3436.

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Iraq

continued from page 1

Iraq, except to remove a threat and restore control of that country to its own people."

However, he admitted the road to liberation could be longer and more difficult than some predict, adding, "Helping Iraqis achieve a united, stable and free country will require our sustained commitment."

That commitment includes more than 250,000 U.S. troops, including 2,400 active duty soldiers from Fort Riley who deployed in the past few weeks.

Currently, 4,500 Fort Riley troops with the 3rd Brigade, 1st Armored Division and the 937th Engineer Group have received orders to deploy. Approximately 2,100 soldiers are still at Fort Riley and are scheduled to deploy in the near future.

"To all of the men and women of the United States armed forces now in the Middle East, the peace of a troubled world and the hopes of an oppressed people now depend on you. That trust is well placed," said Bush.

"The enemies you confront will come to know your skill and bravery. The people you liberate will witness the honorable and decent spirit of the American military," he added.

Following the 3rd Brigade's training at the National Training Center in January, Col. Russell Gold said he was confident in his soldiers' skills and readiness.

"They received the most realistic training to prepare them for combat. After watching them in action, I am totally confident that my leaders and soldiers are

trained and ready for any action they are called upon to execute," said the 3rd Brigade commander.

"They are totally proficient in their go-to-war mission essential tasks, they are motivated, confident, and filled with pride. There is no doubt in my mind that they know why they wear the Army uniform, and why our nation is calling upon them to act," said Gold.

"I cannot be more proud of the men and women that make up this Brigade Combat Team. They are the best representatives that we could ever send to show our country's strength and values it holds of our way of life," he added.

At this time, no additional Fort Riley soldiers have received deployment orders.

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